

CDC Vital Signs

Zika and Pregnancy: What You Should Know

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Zika virus spreads to people through a bite by two species of mosquitoes. It can also be passed from an infected man during sex. Many people with Zika don't get sick, so they may not even know they have it.

The greatest risk for complications from Zika is to a pregnant woman's fetus. If a pregnant woman is sick with Zika, she can pass Zika on to her fetus. Zika is linked to microcephaly, a serious birth defect—a sign that a baby's brain is smaller—causing medical problems and impaired growth for a child.

To protect the pregnancy from Zika, pregnant women should not travel to areas with Zika. Everyone can prevent mosquito bites by wearing long-sleeved shirts and long pants and by using an EPA-registered insect repellent, which is proven safe and effective for pregnant women. Couples should also use condoms, the right way every time during sex, or can choose not to have sex if the man has been in an area with Zika and could be infected.

Healthcare providers should know the symptoms of Zika and ask patients about their travel history.

To learn more, visit [cdc.gov/vital signs](https://www.cdc.gov/vital-signs).

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.